

“GREAT TRAINS & GRAND CANYONS 2016” TRIP PRESENTATION

Our Travel Agent from Tours of Distinction will be at the senior center on Thursday, January 14th at 3:00 p.m. to tell us about our upcoming “Big Trip” in 2016 to Arizona which will feature a trip on the Grand Canyon Railway. This 6 day / 5 night trip is planned for October 2nd through the 7th. We will fly into Phoenix Airport and then travel out to Sedona where we’ll be spending five nights in a picturesque resort hotel. At this trip presentation meeting you will have the opportunity to review the itinerary for the trip and ask any questions you may have. The sign up for this trip will begin on Wednesday February 3rd.

Monday, December 21

Coffee Connection 8:30 a.m. to 3:30 p.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

Tuesday, December 22

Coffee Connection 8:30 a.m. to 3:30 p.m.

Stretch & Balance 8:30 a.m.

Manicures 9:00 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day – “Elf” at 12:30 p.m.

Talespinners 2:00 p.m.

Wednesday, December 23

Coffee Connection 8:30 a.m. to 6:00 p.m.

Stop & Shop (in lieu of Friday) 8:30 a.m.

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

NO Zumba Gold

Country Line Dancing 2:00 p.m.

Thursday, December 24

Coffee Connection 8:30 a.m. to noon

Christmas Eve

Senior Center closes at 12:30 p.m.

Friday, December 25

Christmas Day

Senior Center closed

SPECIAL PROGRAMS

JACK CRAIG’S “BEST OF BROADWAY” SERIES

Join us on Wednesday, January 13th at 4:30 p.m. as we welcome Jack Craig back to the senior center for another one of his programs on “The Best of Broadway.” From “Second Hand Rose” (1921) through “Memory” (1982), the songs in this program celebrate the high points of American musical theatre. Standout productions like “Showboat,” “South Pacific,” “My Fair Lady” and “Hello Dolly” are all included, as well as unique hits from writers such as Noel Coward, Kurt Weill and Irving Berlin. This program concentrates on the “golden age of musicals” by Rodgers and Hammerstein, Lerner and Loewe, and Stephen Sondheim – but all of the 24 songs you will be singing are classics! Give us a call at 508-543-1252 to sign up and we’ll save you a seat!

MEDITATION AND RELAXATION SERIES

The holiday season is a fun and festive time of year, but it can also be both stressful and exhausting! To help us “decompress” as we start the New Year, we’ll be offering a weekly series of programs of Meditation and Relaxation at the senior center on Wednesday afternoons at 2:30 p.m. during the month of January. Our first class of the series on January 6th will start with an adult coloring class. Colored pencils and coloring books are part of a new therapeutic model to relieve stress and are thought to help people suffering from a variety of health ailments. Coloring is soothing, comforting and surprisingly relaxing. We have colored pencils for use during the class, but feel free to bring your own markers or colored pencils with you if you’d like. There is a \$4.00 fee for each participant to cover the cost of the coloring book. Participants will be able to take their coloring book home to continue to practice this form of relaxation. The sessions offered on January 13th, 20th and 27th will be classes on mediation led by our Chair Yoga instructor Michelle Lawlor. Meditation is about training your brain to bring your thoughts and feelings into awareness: it’s about examining who you are and your place in the world; it teaches you to appreciate every moment for what it is. Similar to how we do bicep curls to develop our arms, meditation tones and strengthens the mind. The goal of meditation is to go beyond the mind and experience our essential nature – which is described as peace, happiness and bliss. Meditation is not a part of any religion; it is a Science. Science has shown that your mind and body benefits from taking time out of your daily life to shut down and meditate. Come join us as we work to get our minds into shape for the New Year. Class size for the Meditation and Relaxation Series is limited, so please call us at 508-543-1252 to reserve your spot.

MOVIE DAY

The Movie Day for the month of December is scheduled for Tuesday, December 22nd at 12:30 p.m. and our featured film will be “Elf.” Buddy (Will Ferrell) was accidentally transported to the North Pole as a toddler and was raised to adulthood among Santa’s elves. Unable to shake the feeling that he doesn’t fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father. As it happens, his dad is Walter Hobbs (James Caan), a cynical businessman. After a DNA test proves that Buddy really is his son, Walter reluctantly attempts to start a relationship with the childlike Buddy with chaotic results! Come join us at the senior center to watch this touching and funny movie, and we’ll supply the hot, fresh popcorn. Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if you’d like to sign up.

JUDITH KALAORA PERFORMS AS HEDY LAMARR

When you hear the name Hedy Lamarr, whom do you see? A smoldering bejeweled temptress, perched on velour cushions in the 1949 Hollywood classic “Samson and Delilah”? Or, a demure and professionally clad inventor, deep in the throes of ingenuity, embarking on scientific ideas that were generations ahead of her time? Hedy Lamarr was not only a great star in Hollywood’s Golden Age of Cinema, she was also devoted to helping the Allies beat the Nazi forces of World War II. Whether she was selling war bonds for \$50,000 a kiss, or inventing a secret communication system with the help of American composer George Antheil, Hedy Lamarr knew she was so much more than just a glamorous girl. Join History-at-Play character actress, Judith Kalaora, as she returns to the senior center at 1:00 p.m. on Thursday, January 14th and transforms herself into Hedy Lamarr, the young Austrian refugee who became the Most Beautiful Woman in the world and the inventor of technology that changed our world. If you’d like to join us for this program and want us to save you a seat, call the senior center at 508-543-1252 to sign up in advance.

UNDERSTANDING REAL ESTATE TAX RELIEF PROGRAMS

Deborah Cochrane from the Foxborough Tax Assessors’ Office will be here at the senior center for an informational program on Thursday, January 7th at 10:00 a.m. She will be speaking on real estate tax exemptions that are available to qualifying Foxborough residents who may be eligible for tax assistance. Widows, seniors, veterans, those who suffer from blindness, etc. may find that they are eligible for some tax relief. This is your chance to ask Debbie any questions you may have regarding local real estate tax rates and find out if you qualify for any of the available tax assistance programs. Please call the senior center at 508-543-1252 to let us know if you’ll be joining us.

THE COFFEE CONNECTION

Stop by the senior center for a cup of coffee and a donut. Our Coffee Connection is open in the senior center at 8:30 a.m. everyone morning, Monday through Friday. On Monday, Tuesday and Thursday afternoons, the Coffee Connection is open until 3:30 p.m. On Wednesdays, coffee is served until 6:00 p.m. and on Fridays the coffee is available until noon. Thanks to donations of donuts and treats from the Honey Dew coffee shop in Foxborough, we are able to offer these goodies to you daily along with a hot cup of coffee. So come join us!

COFFEE AND CONVERSATION WITH OUR TOWN MANAGER

Come join us at the senior center for some “Coffee and Conversation” with our Town Manager Bill Keegan on Tuesday, December 30th from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you’ll be coming.

RESOURCES AND INFORMATIONAL SERVICES

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

You may qualify for help with paying for your heat this winter. The Low Income Home Energy Assistance Program (LIHEAP) helps eligible renters and home owners of all ages with their winter heating costs. If you are a renter, you may qualify for this program, even if heat is included in your rent. The maximum annual household incomes allowed to qualify are as follows: \$33,126 for a one-person household, \$43,319 for two people, \$53,511 for three people, \$63,704 for a four-person household, and so forth. If you qualify for this program, you may also qualify for reduced electricity and gas utility rates, information on saving energy, and weatherization services. Don’t wait until you are out in the cold. Beginning on November 2nd, call the senior center at 508-543-1252 for information on this program or to make an appointment to fill out an application for the upcoming winter season.

SCRABBLE GROUP

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We’ve started a new Scrabble group that meets on Monday afternoons at 12:30 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you’re interested in playing, come join us on Monday afternoons.

MEDICAL INFORMATION AND SERVICES

BLOOD PRESSURE CLINIC

Our next Blood Pressure Clinic will be held on Tuesday, January 12th from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2nd Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

LIFE AFTER LOSS BEREAVEMENT GROUP

All who have experienced the death of a loved one and are in need of a compassionate, safe place to express their grief, are invited to attend your choice of bereavement groups sponsored by Seasons Hospice & Palliative Care. At 6:00 p.m. on the third Thursday of every month, the Life after Loss Bereavement Support Group meets at The Village at Willow Crossing, 25 Cobb St., Mansfield, MA. At 6:30 p.m. on the 2nd and 4th Tuesday of each month (starting January 12th), the Life After Loss Bereavement Group will meet at 1 Edgewater Drive #103 in Norwood. If you are interested in registering to attend one of these groups or would like more information, please call Nancy Sherman, Director of Supportive Care, at 617-454-0200.

S.H.I.N.E

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families.

We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1st Tuesday and 3rd Thursday of the month in the mornings. The next appointments are being scheduled for January 5th and 21st. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

REGULARLY SCHEDULED **AEROBICS**

Our one hour aerobics class begins at 9:00 a.m. on Friday mornings. The exercises include stretching, aerobics, and hand-held weights. The class, led by YMCA instructor Joyce Collins, works on exercising the body from the neck to the ankles and is designed for all levels of ability. There is a \$2 charge for each class.

CHAIR YOGA CLASSES

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

ZUMBA CLASSES

Zumba Gold classes are meeting twice a week in the senior center; on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and on Wednesday mornings from 11:30 a.m. to 12:30 p.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

JAY BARROWS' OFFICE HOURS

State Representative Jay Barrows holds office hours at the senior center on the 4th Monday of every month at 9:00 a.m. His next visit will be on December 28th. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

MANICURES

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, December 22nd beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

JOIN US FOR TAI CHI

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

STRETCH AND BALANCE

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. YMCA-certified instructor Joyce Collins leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the

participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

BINGO

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, January 5th from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

December 23 – Stop and Shop at 8:30 a.m.

December 30 – Stop and Shop at 8:30 a.m.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.

Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, December 21

BBQ Pork Patty

Baked Beans

German Cole Slaw

Honey Wheat Bread

Applesauce

Calories 318

Sodium 516

Tuesday, December 22

Tortellini Primavera

Beans Bonanza

Snowflake Roll

Fresh Orange

Calories 399

Sodium 572

Wednesday, December 23

Chicken L'orange

Hawaiian Rice

Peas & Carrots

Whole Wheat Bread

Chocolate Pudding

Calories 318

Sodium 466

Thursday, December 24

Crunchy Lite Fish

Tartar Sauce
Zucchini with tomato
Hash Brown Potato
Multigrain Roll
Strawberry Cup
Calories 394
Sodium 540

Friday, December 25

Christmas Day
No Meals Served